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Habing et al.

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[54] ARTICULATED LOWER BODY EXERCISER

5,299,993 4/1994 Habing 482/51

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[57] ABSTRACT

An exercise machine has a pair of laterally spaced apart foot pedals, each of which is independently coupled to a frame by a respective articulated linkage. Each such linkage has a generally vertical arm that is pivotally coupled to the frame and a generally horizontal arm that is pivotally coupled to its respective foot pedal. These arms are pivotally coupled to one another such that each foot pedal is free to move with in a two-dimensional envelope of motion in a vertical plane. The linkage members are arranged so that the envelope of motion has a generally ovate shape, slightly inclined to the horizontal. The exercises performed with this apparatus may have both vertical and horizontal components of motion. The vertical arms may be interconnected by a crank assembly to relate the horizontal components of motion of the two linkages in an alternating reciprocating fashion.

Related U.S. Application Data

[63] Continuation-in-part of Ser. No. 984,301, Dec. 1, 1992, Pat. No. 5,299,993.

[51] Int. Cl.⁶ A63B 22/00; A63B 23/10

[52] U.S. Cl. 482/52; 482/51

[58] Field of Search 482/51, 52, 53,
482/79, 80, 57

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9 Claims, 3 Drawing Sheets

